

# Future Career Planning Worksheet

Thinking about the future can be exciting when you know what you want. It can also be scary if you're unsure what you want. Thinking about the possibilities can be thrilling, or it can feel overwhelming.

**How do you feel when thinking about the future?** (circle all that apply)

excited    nervous    optimistic    courageous    overwhelmed  
energetic    happy    calm    curious    \_\_\_\_\_  
confident    worried    impatient    anxious    \_\_\_\_\_

Why do you think you might be feeling this way?

## Exploring Your Interests

If you are unsure of your future career goals, start to explore your interests. Think about what you like to do and look for opportunities to do it.

You can clarify your interests by

- Making a list of what you can think of, or
- Taking an assessment from the Job Bank Government of Canada (Career Planning): <https://www.jobbank.gc.ca/workpreference>



Write your list/assessment results here:

## Exploring Next Steps

OK, now you have a better idea about your interests! The next step is to explore opportunities to do those interests.

There is a handy tool that will help you plan your future career by showing you what is needed to qualify for the job you are interested in.

Job Bank Government of Canada (Job Profile Tool): <https://www.jobbank.gc.ca/career-planning/search-job-profile>

Look up job profiles by entering the field or job title you are interested in, and this website will show you what the job is, pay information, current jobs available and more. What are the top 3 job profiles you think you might be interested in pursuing?

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

Ok, now **circle** the one that really interests you!



What education/certifications are required?

- \_\_\_\_\_
- \_\_\_\_\_

What skills/knowledge does this job require?

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

What are some ways you can start working towards what you need to step into your dream job?

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

## Do You Need More Help?

Here below are other resources to explore careers and plan for the future:

**Job Bank Government of Canada (trend analysis):** <https://www.jobbank.gc.ca/trend-analysis>

**Job Bank for Youth Government of Canada (Youth Digital Getaway):** <https://youth-jeunesse.service.canada.ca>

**Employment and Social Development Canada:** <https://www.canada.ca/en/employment-social-development/campaigns/develop-your-skills.html>

Notes:



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